

Changing Daily Boredom at Home

THEME IDEAS

Movie Theater Indoors

- Set up chairs, boxes, or blankets on the floor in front of the tv, set up a concession of their favorite snacks and a ticket booth to collect fake tickets. Use towels and blankets to block out window light
- Have the children hand over tickets, choose their own snacks and their own seat
- Watch a few of their favorite movies and shows with 'Intermission' bathroom breaks

Sensory Activities

- Making slime or play dough at home is easy and can be used hour hours of sensory fun
- Create shakers or music makers by adding rice, beans, or beads to common objects (taping off toilet paper rolls, taping together paper plates, etc)
- Use foil with holes, colored paper, coffee filters, or baking sheets over flashlights to create different visual effects.
- Use parmesan shakers emptied and washed out to create a safe way for olfactory children to smell new items
- Adding beans, rice, or sand into a large box or bucket for sensory day
- Use water bottles, hand soap and beads, buttons, or stickers in a water bottle to make a sensory bottle

Outdoor Water Day

- Use inflatable pools, plastic smaller pools, or even larger plastic storage boxes to create a pool of water with a hose
- Bowls, tupper wear, colander, spoons, and shovels can be used to scoop and pour water
- Use the hose as a sprinkler, turn sprinklers on to play in the water for the day

Balloon Fun

- Balloons can be used to play volley ball, or keep the balloon off the floor, or through practicing tossing the balls back and forth to each other

Camping

- Set up a tent in your living room with blankets & sheets or a real tent if you have it! Fill it with blankets and pillows
- Activities to do during camping day: Go on a bear hunt with homemade binoculars, take a nature walk outside, create a scavenger hunt to find items, colors, etc throughout the house, go fishing or swimming in a bathtub, listen or read stories at night, hide and seek, pack lunches to practice selfr help, have a picnic in the tent
- Spend the night in the tent if the children want to!

Zoo/Safari Theme OR Aquarium Theme

- Use animal toys print outs of animals, or have the kids draw their favorite animals the day before. Use these animals and place them all around the house
- Craft Ideas: Making a map of the animals, drawing the animals, drawing habitats for animals
- Have the kids walk around the house, make animal noises or pretend to be the animal they see. Match animals to a home-made map of the animals, make hats of their favorite animals, move animals to incorrect habitats and have the children place them back, play guess the animal

Relay Race Day

- Have the kids choose a color that they will be that day and that's their team color. Use items around the house to make obstacle courses or engage in active games
- Use tape to mark different obstacles, move furniture around the house such as chairs, tables, and pillows to create an obstacle course. Tape can also be used to make goals or areas for the kids to toss pillows or balls into for games!
- Make gold medals for the kids to earn at the end of the day

Beach Day

- Pack a bag and get the kids swimsuits on to go to the beach, in our own yard!
- Outside: Lay the towels out, bring beach toys like beach balls and shovels, bring a tub of water in a pool or box, wear sunblock and spend the day playing in the water and building castles out of blocks or sand
- Inside: Lay out towels in the living room, turn on ocean sights and sounds on the tv, use blocks and other toys to build castles from blocks, practice tossing balls back and forth, cover each other with blankets like sand; Eat beach snacks like sandwiches

Superhero Day

- Make a cape out of a blanket and a mask from paper
- Set up the environment around the house with problems for a superhero to solve! Place favored stuffed animals stuck in couches, help find missing socks or clothing, respond to a flashlight signal for help, use streamers in a hallway to make a maze for the hero to get through, create obstacles like chairs or pillows for the hero to move around to save others!

Board Game Activity

- Using paper and a dice, create a large board game throughout the house for the kids to be the players on. Let the kids roll the dice or spin a spinner, and move themselves that many spaces along the board
- To make it more fun, add activities on each paper that describe activities to do (jump up and down, clap hands to move one space, pick up the pillow and put it away)

Mixed Up Holidays

- Practice putting on costumes or making costumes for Halloween, and dress up to have a parade around the house. Practice going to each door in the house and trick or treating for candy!
- Decorate for Christmas and practice wrapping presents, making cookies and giving gifts!

- Make a kid's Thanksgiving by preparing (with the kids) their favorite snacks all on the table. Practice table manners with the foods!

Car for a Day

- Practice learning street signs and street safety by printing different street signs and using masking tape to create roads. Use boxes for the kids to be 'cars' and practice street safety
- Take turns being the car and the pedestrians

Matching Game

- Put up pictures, shapes, colors, or any other paper with items on them around the house (can be child's favorite things).
- Give them matching flash cards to go around and tape next to the original!
- For older kids this is a great way to learn language by writing questions like 'we drink...' and have them find the water/juice instead like a scavenger hunt

Gameshow Day

- Engage kids in answering questions they are learning or know the answer to (or by engaging in learned actions) To earn sticker points. More points equals bigger rewards! Have a timer to make answering questions more fun

Movement Activities

- On youtube, practice motor movements by searching 'movement songs' or 'just dance' to find dances for the kids to watch and mimic to fun music!
- Cosmic Kids Yoga takes kids on a yoga story adventures while practicing motor movements like stretching

Arts and Crafts

- Searching for arts and crafts projects to do at home can result in using every day activities to make fun crafts such as bird feeders, window clings, and oceans in a bag!

More activities and resources can be found online by typing in searches such as '[Rainy day activities](#)' '[Stuck inside at home](#)' and '[indoor activities](#)' into Google or Pinterest.